

PLASTIC SURGERY RECOVERY GUIDE

WELCOME TO YOUR MUCH ANTICIPATED RECOVERY JOURNEY

General Instructions for All Plastic Surgery Patients

Congratulations on completing your surgery!

The procedure was the first step; your recovery is the second.

At Avané Clinic, we view recovery as an active process. The quality of your results depends heavily on how well you follow these instructions during the healing phase.

Please read the next few pages before moving to your specific procedure guide.

GOLDEN RULES OF RECOVERY

- **Medication Safety:** You must finish your full course of antibiotics to prevent infection. Take pain medication exactly as prescribed to stay ahead of discomfort. **Never mix alcohol with your medication.**
- **Hydration is Healing:** Drink plenty of water and mineral-rich fluids (soups, electrolytes). Dehydration is a common cause of post-operative headaches and fatigue.
- **Move to Heal:** Unless strictly bedridden, you should move your body gently as soon as you wake up and take short walks around your room. This is critical to prevent blood clots (DVT).
- **Strict "No" List:**
 - **No Smoking:** Nicotine constricts blood vessels and can kill healing tissue. Smoking is strictly prohibited for 6 weeks post-op.
 - **No Alcohol:** Avoid alcohol for at least 2 weeks, as it increases swelling and interferes with medication.

HYGIENE AND WOUND CARE

- **Showering:** Generally, you may shower 24 to 48 hours after surgery (refer to your specific procedure page). Use lukewarm water and gentle soap.
- **Dressings:** Keep initial dressings clean and dry until your first review.
- **Compression:** If you have been issued a pressure garment, it is not optional. It reduces swelling and shapes your new contours. Wear it exactly as directed

YOUR FOLLOW-UP SCHEDULE

We need to monitor your progress closely. Unless told otherwise, your standard review schedule is:

- **Day 1 (The day after surgery), Day 3, Day 7, Week 2 and Week 6**

MANAGING EXPECTATIONS

- **Swelling and Asymmetry Are Normal:** The body doesn't heal perfectly evenly. One side may swell or bruise more than the other, making you look temporarily "out of proportion." This will naturally balance out as inflammation drops.
- **The "Post-Op Blues" Will Pass:** A temporary dip in mood, anxiety, or even regret is common a few days after surgery. This is a normal reaction to anesthesia, discomfort, and disrupted sleep, and it typically lifts within a week or two.
- **You Will Look Worse Before You Look Better:** Immediately post-op, your results are hidden by swelling, bruising, and medical garments. Incisions will be red and raw. Trust the process—your initial appearance does not reflect your final result.
- **Final Results Take Months, Not Days:** While you will return to normal life within a few weeks, deep tissue settling and scar fading take anywhere from 3 to 12 months. Healing is a marathon, not a sprint, and beauty should not be rushed.

WHEN TO CALL US IMMEDIATELY (ANY AND ALL RED FLAGS)

Do not wait for your next appointment if you experience any of the following symptoms:

- **Excessive Bleeding** that soaks through your dressing.
- **Unmanageable Pain** that is not relieved by your prescribed medication.
- **Fever or Chills** (Temperature above 38°C).
- **Sudden, Severe Swelling** in just one specific area (e.g., one leg is much larger than the other).

Avané Plastic Surgery Emergency Line: +254 702 300 200

Note: Despite reading this document always consult your surgeon for any and all queries on your recovery process.

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THE TUMMY TUCK & MALE TUMMY TUCK

Pre-Op & Procedure

- **Goal:** Surgical excision & safety
- **Procedure:** Removal of excess skin/fat from the tummy and navel repositioning.
- **Diet:** Light diet and fluids only for the first 24 hours.
- **What to expect:** Long scar along the bikini line is completely normal.

Immediate Recovery (Days 1-7)

- **Goal:** Drainage & clot prevention
- **Movement:** Move immediately upon waking to prevent formation of blood clots.
- **Hygiene and Drains:** Shower allowed on Day 2. Surgical drains remain strictly in place for 7 days.
- **Meds and Warning Signs:** Take prescribed stool softeners to prevent constipation. Report any excessive pain or isolated swelling immediately.

Long-Term Healing (Weeks 6+)

- **Goal:** Final contouring & scar care
- **Compression:** Wear garment during the day only (until Week 6).
- **Activity:** Resume heavy work after 6 weeks.
- **Restrictions:** No smoking for at least 6 weeks total.
- **What to expect:** Final results visible as swelling fully resolves. Scars begin to fade.

Stabilization (Weeks 2-4)

- **Goal:** Drainage & clot prevention
- **Compression, work and diet:** Wear the pressure garment all day and night. Light work can resume after 2 weeks. Continue taking light meals to avoid any kind of bloating.
- **What to expect:** Swelling begins to subside, mobility improves.



BRAZILIAN BUTT LIFT (BBL)



Pre-Op and Procedure

- **Goal:** Fat transfer & volume
- **Procedure:** Fat transfer to buttocks.
- **Hydration:** Intense rehydration is critical in the first 48 hours.
- **What to expect:** Buttocks may look larger than intended (overcorrection).



Immediate Recovery (Days 1-7)

- **Goal:** Graft survival & hydration
- **Sleeping:** Sleep on tummy only. (Back sleeping allowed only if combined with breast surgery, with zero pressure on butt).
- **Sitting:** Do not sit directly on buttocks.
- **Hygiene:** Showers only (no baths).
- **What to expect:** Swelling is significant.



Stabilization (Weeks 2-4)

- **Goal:** Protecting the shape
- **Compression:** Wear garment day and night on donor sites (tummy/waist) only. **Do NOT compress the buttocks.**
- **Sitting:** Use provided pillow under thighs if sitting is necessary.
- **What to expect:** Shape begins to define.



Long-Term Healing (Weeks 6+)

- **Goal:** Final settling
- **Compression:** Wear the prescribed garment days only (until Week 6).
- **Water:** No swimming pools or ocean water until 2 weeks post-op.
- **Activity:** Normal sitting gradually reintroduced.
- **What to expect:** Final shape settles between 6 weeks and 3 months.

LIPOSUCTION (STANDARD)

Pre-Op & Procedure

- **Goal:** Fat removal & contouring
- **Procedure:** Fat removal from abdomen/flanks
- **Compression:** Start wearing garment after 24 hours.
- **What to expect:** Significant drainage of blood-tinged fluid (Oozing) for 24 hours.

Immediate Recovery (Days 1-7)

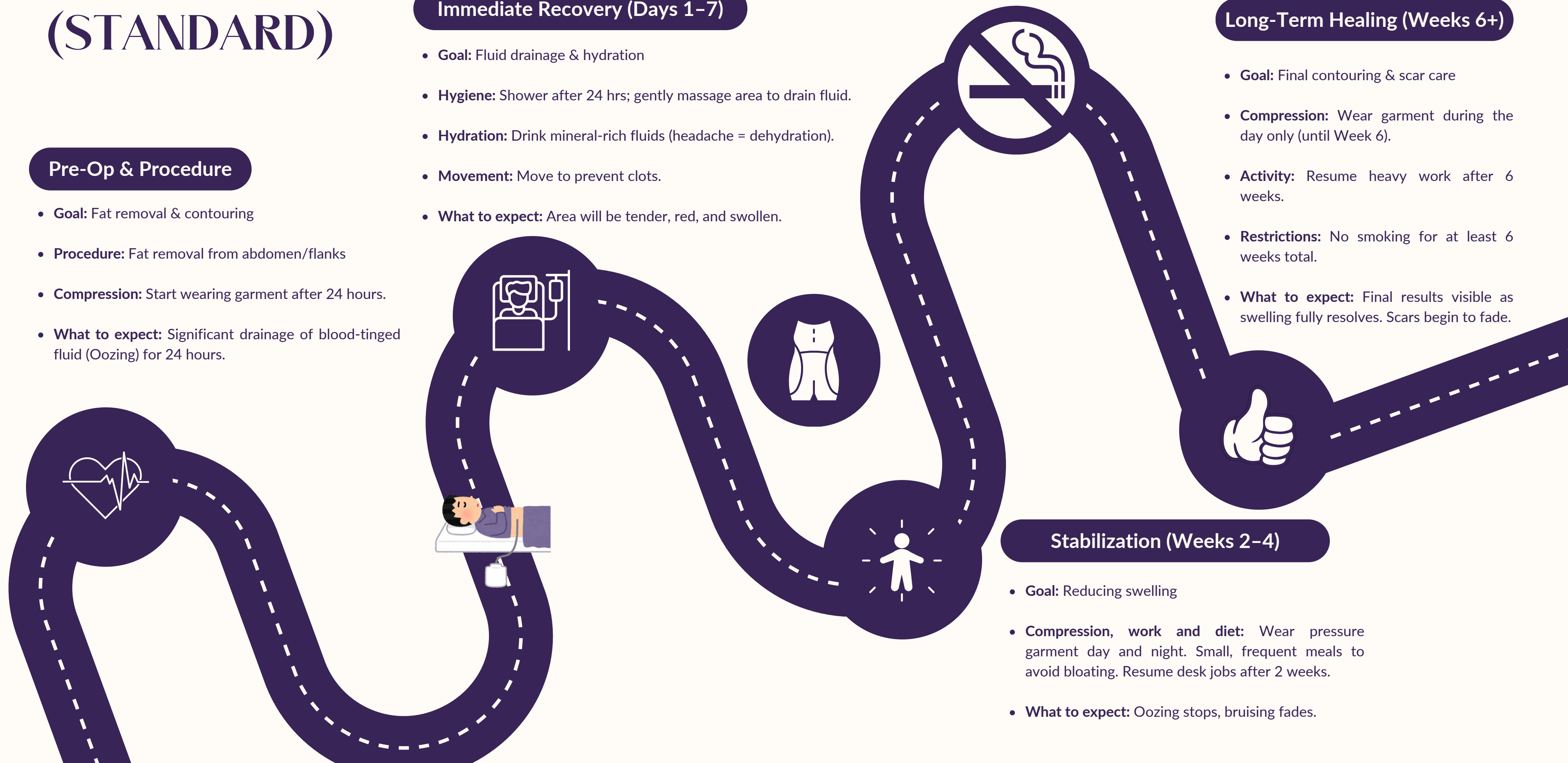
- **Goal:** Fluid drainage & hydration
- **Hygiene:** Shower after 24 hrs; gently massage area to drain fluid.
- **Hydration:** Drink mineral-rich fluids (headache = dehydration).
- **Movement:** Move to prevent clots.
- **What to expect:** Area will be tender, red, and swollen.

Long-Term Healing (Weeks 6+)

- **Goal:** Final contouring & scar care
- **Compression:** Wear garment during the day only (until Week 6).
- **Activity:** Resume heavy work after 6 weeks.
- **Restrictions:** No smoking for at least 6 weeks total.
- **What to expect:** Final results visible as swelling fully resolves. Scars begin to fade.

Stabilization (Weeks 2-4)

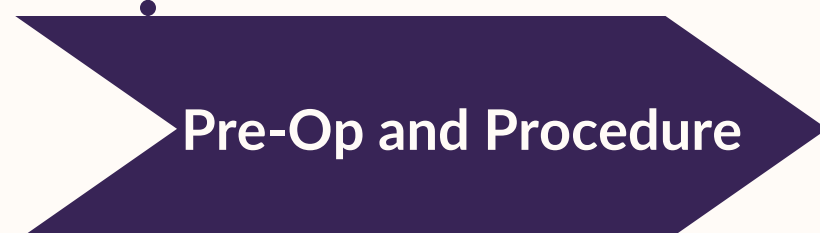
- **Goal:** Reducing swelling
- **Compression, work and diet:** Wear pressure garment day and night. Small, frequent meals to avoid bloating. Resume desk jobs after 2 weeks.
- **What to expect:** Oozing stops, bruising fades.



LUNCHTIME LIPOSUCTION



- **Goal:** Minor liposuction for small, stubborn fat pockets
- **Procedure:** Local anesthesia.
- **Compression:** Wear immediately with sanitary pad underneath for leakage.
- **What to expect:** Procedure is quick with minimal downtime.



- **Goal:** Managing leakage
- **Hygiene:** Shower the evening of the procedure; massage the area.
- **Activity:** Resume normal work immediately (light activity).
- **What to expect:** Minor fluid leakage.



- **Goal:** Comfort and compression
- **Compression:** Wear garment day and night for 2 weeks
- **What to expect:** Minimal discomfort.



- **Goal:** Final result
- **Compression:** Wear garment days only (until Week 4 total).
- **Activity:** Full return to all activities.
- **What to expect:** Refined contour.



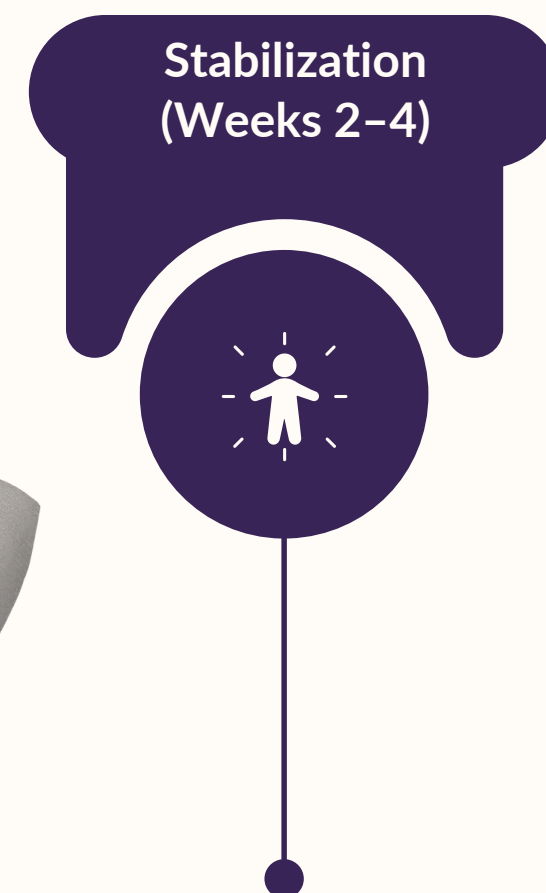
ARM LIFT BRACHIOPLASTY



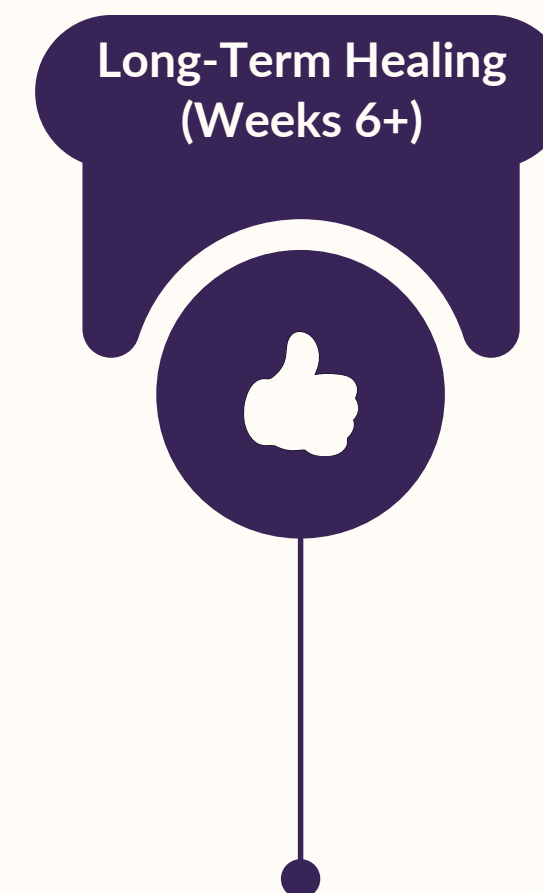
- **Goal:** Skin/fat removal
- **Procedure:** Upper arm skin removal.
- **Compression:** Wear garment (slightly loose initially).
- **What to expect:** Arms feel warm, swollen, and red.



- **Goal:** Swelling management
- **Movement:** Keep arm movements below shoulder level.
- **Rest:** Rest arm frequently to prevent painful swelling.
- **Lifting:** Do not carry anything >0.5 kg.
- **What to expect:** Swelling persists if arms are left hanging.



- **Goal:** Scar protection
- **Driving:** Avoid for 1-2 weeks.
- **Compression:** Tighten the garment; wear for remaining 4 weeks.
- **Hygiene:** Avoid all hot/cold water massages.
- **What to expect:** Range of motion improves.



- **Goal:** Mobility restoration
- **Exercise:** No stretching until Week 3.
- **Gym:** No weights until Month 3.
- **Scar:** Long scar on inner arm heals.
- **What to expect:** Full function returns.

PERINEAL SURGERIES (VULVOPLASTY, PERINEOPLASTY, & CLITOROPLASTY)



Pre-Op and Procedure

- **Goal:** Rejuvenation or reshaping of the vaginal and perineal areas.
- **Procedure:** Reconstructive/cosmetic surgery of the genital region.
- **Clothing:** Prepare loose skirts/dresses.
- **What to expect:** Area is sensitive.



Immediate Recovery (Days 1-7)

- **Goal:** Hygiene and soothing
- **Hygiene:** Sit in a basin of lukewarm water (Sitz bath) morning and evening for the first week, and after bowel movements. Always clean the area properly after passing motions, then perform a Sitz bath.
- **Diet:** High-fiber foods to prevent constipation.
- **What to expect:** Swelling and sensitivity.



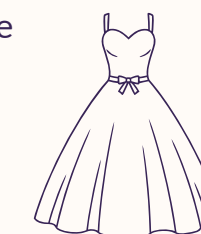
Stabilization (Weeks 2-4)

- **Goal:** Comfort management
- **Clothing:** Continue avoiding tight trousers/jeans. Wear loose skirts or dresses.
- **Stimulation:** Avoid touching the area.
- **Diet:** Adopt a high-fiber diet to prevent constipation (stool softeners will also be provided).
- **What to expect:** Swelling subsides.



Long-Term Healing (Weeks 6+)

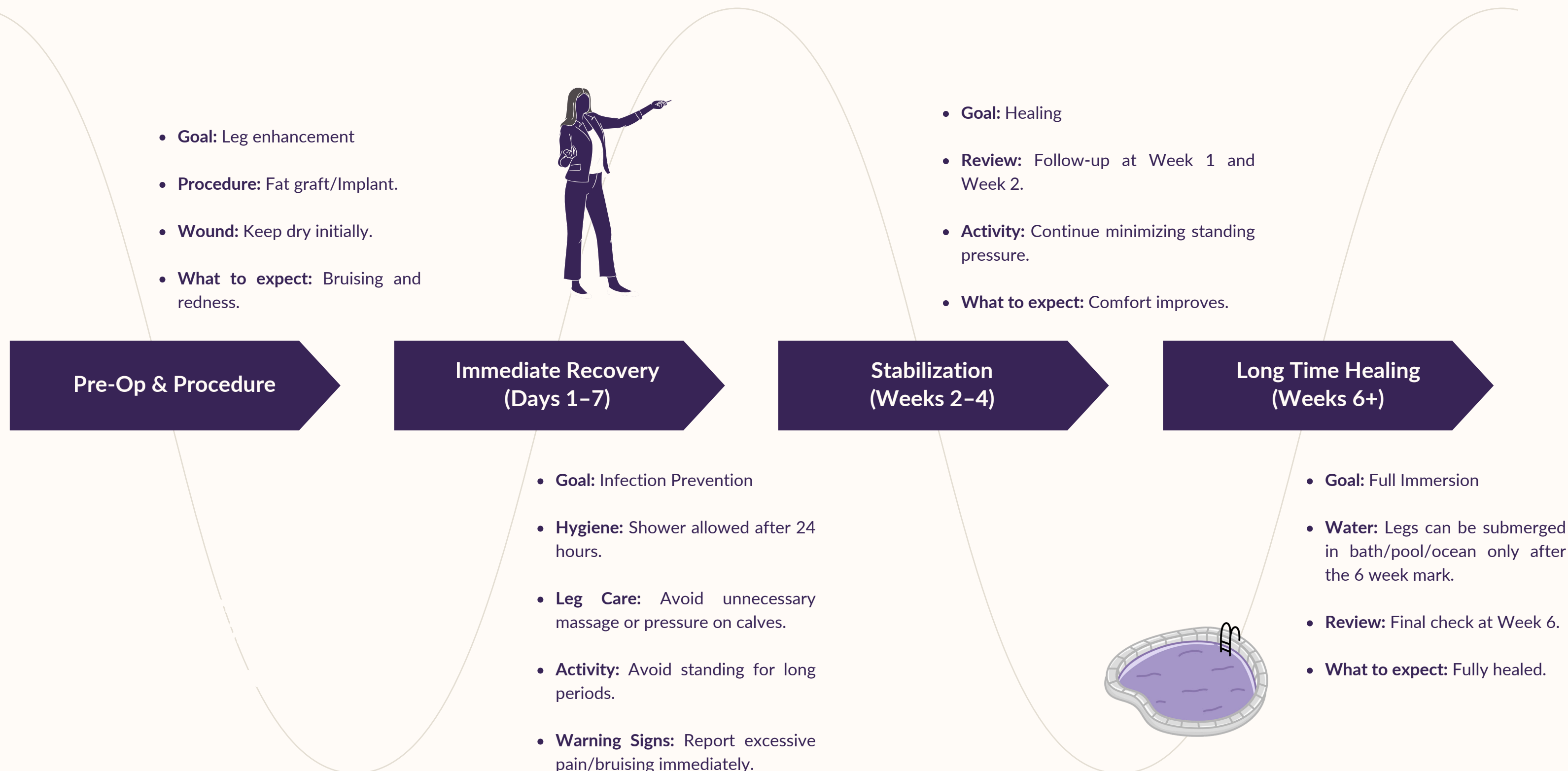
- **Goal:** Full recovery
- **Restrictions:** No tampons and no intercourse for 6 weeks.
- **Clothing:** Resume the tighter underwear/jeans after 6 weeks.
- **What to expect:** Full healing and function.



THIGH LIFT



CALF AUGMENTATION



FACELIFT & MALE FACELIFT



Pre-Op and Procedure

- **Goal:** Structural restoration of the lower face and neck, customized to preserve unique facial characteristics (such as feminine softness or masculine angularity).
- **Procedure:** Deep tissue repositioning via hidden incisions (including beard aware placement for men).



Immediate Recovery (Days 1-7)



- **Goal:** Swelling management and hematoma prevention (keeping blood pressure low is especially critical for men).
- **Action:** Wear a soft head bandage or wrap. Rest, hydrate, and sleep with your head elevated on two pillows. Avoid stress, work emails, and heavy lifting. **For men:** Do not shave the incision areas for at least 10 days (plan to grow stubble beforehand).
- **What to expect:** Swelling and bruising will peak. You will feel tightness and numbness, but significant pain is rare.



Stabilization (Weeks 2-4)

- **Goal:** Return to work and social presentation.
- **Action:** Stitches or clips are usually removed between Day 7 and 10. You can resume remote or light desk work and start light cardio like walking.
- **What to expect:** Bruising turns yellowish and fades. You will look "presentable" but may still feel tight. Residual discoloration can be hidden with makeup, a high collar, or beard stubble.



Long-Term Healing (Weeks 6+)

- **Goal:** Final refinement and return to full activity.
- **Action:** Return to the office and social engagements by Week 4. You can typically return to the gym for weights and running after 4 to 6 weeks.
- **What to expect:** The major swelling and "settling" period is complete. The jawline looks sharp and defined, and scars mature and fade significantly into natural creases, revealing a refreshed, youthful contour.

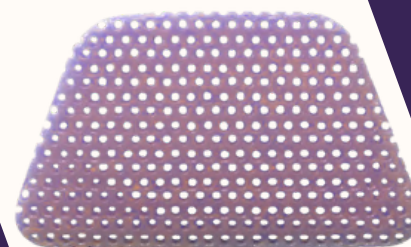
RHINOPLASTY (NOSE JOB)

Pre-Op & Procedure

- **Goal:** Reshape the nasal cartilage and bone.
- **Procedure:** Internal and/or external structural adjustments.

Immediate Recovery (Days 1-7)

- **Goal:** Protect nasal structure.
- **Action:** Keep the nasal splint in place. Rest continuously with strict head elevation.
- **What to expect:** Swelling, congestion, and bruising (often around the eyes) are completely normal.



Long-Term Healing (Weeks 6+)

- **Goal:** Final definition.
- **Action:** Resume heavier activities with surgeon clearance.
- **What to expect:** Fine refinement is ongoing. The final definition evolves as tissues mature over the coming months.



Stabilization (Weeks 2-4)

- **Goal:** Return to routine.
- **Action:** Splint removal. Return to normal light routines and work depending on comfort.
- **What to expect:** Most visible swelling reduces significantly, and breathing improves.



BROW & FOREHEAD LIFT



Pre-Op and Procedure

- **Goal:** Elevate drooping brows and smooth forehead creases.
- **Procedure:** Tissue lifted via incisions hidden at or behind the hairline.



Immediate Recovery (Days 1-7)

- **Goal:** Bruising management.
- **Action:** Apply gentle cooling protocols and keep the head elevated.
- **What to expect:** Tightness or numbness. Bruising typically peaks around Day 3. Sutures are often removed by Week 1.



Stabilization (Weeks 2-4)

- **Goal:** Return to normal.
- **Action:** Hair washing resumes. Return to office work (makeup allowed). Restart light cardio.
- **What to expect:** Bruising clears. Brow position may look slightly "high" but will begin to settle.



Long-Term Healing (Weeks 6+)

- **Goal:** Final positioning.
- **Action:** Advance scar care protocols.
- **What to expect:** Brow position stabilizes into its natural, rested place.

EAR SURGERY (OTOPLASTY)

Pre-Op and Procedure



- **Goal:** Pin back or reshape prominent ears.
- **Procedure:** Cartilage reshaping and suturing.

Immediate Recovery (Days 1-7)



- **Goal:** Support and protect.
- **Action:** Keep protective head dressing in place. Sleep strictly on your back to avoid pressure on the ears. Do not touch or compress them.
- **What to expect:** Mild to moderate swelling and bruising.

Stabilization (Weeks 2-4)



- **Goal:** Return to daily activities.
- **Action:** Headband use as directed. Return to routine, but strictly avoid contact sports or trauma.
- **What to expect:** Most swelling and bruising reduces significantly.



Long-Term Healing (Weeks 6+)

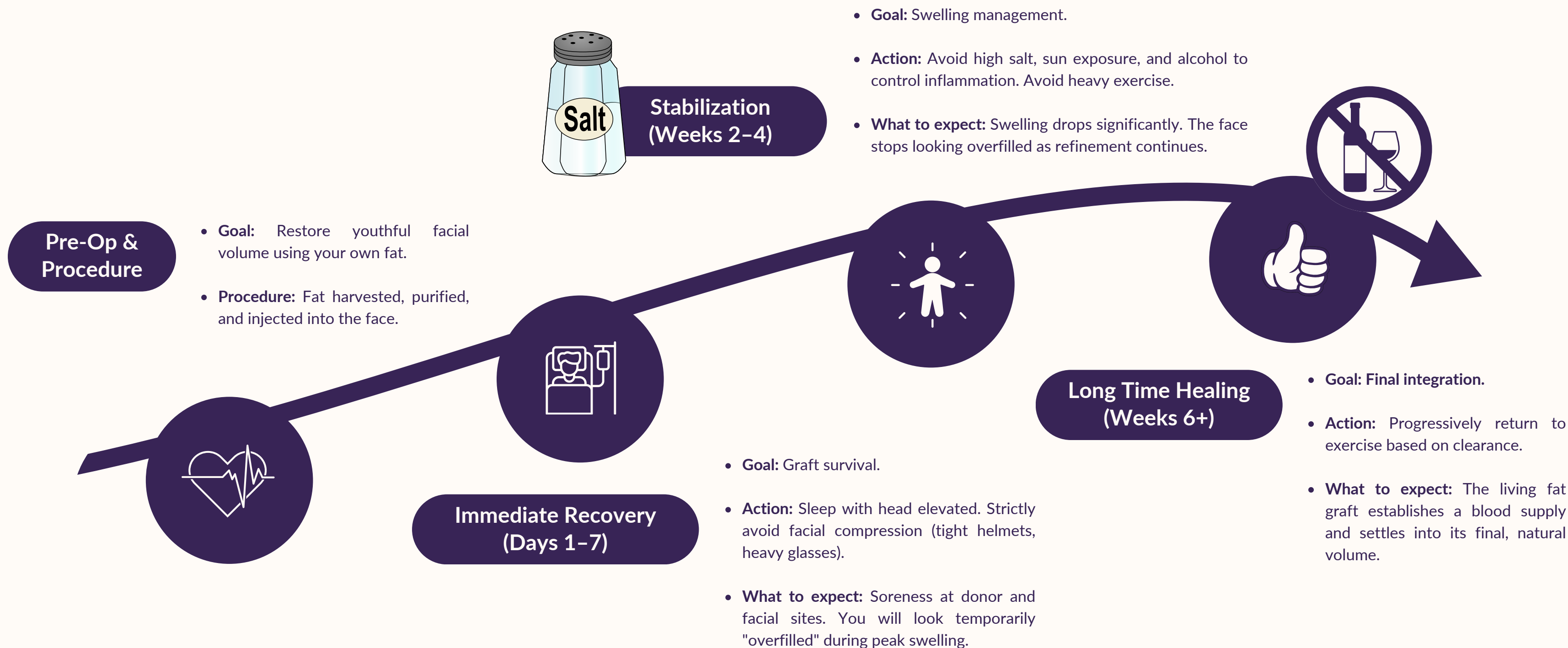


- **Goal:** Structural stability.
- **Action:** Gradual return to exercise and sports with surgeon clearance.
- **What to expect:** Healing is stable enough to hold the new ear position permanently.

CHIN AUGMENTATION



FACIAL FAT GRAFTING



BREAST LIFT (MASTOPEXY)



Pre-Op & Procedure

- **Goal:** Raise and reshape sagging breasts.
- **Procedure:** Excess skin removed and breast tissue elevated.

Immediate Recovery (Days 1-7)

- **Goal:** Early healing & Support.
- **Action:** Rest and take short, gentle walks. Sleep on your back with elevation. Wear support bra. Avoid lifting, pushing, pulling, and overhead arm movements.
- **What to expect:** Swelling, tightness, and soreness.



Stabilization (Weeks 2-4)

- **Goal:** Return to light normal.
- **Action:** Return to desk work. Continue walking. Upper body workouts and heavy household tasks remain restricted.
- **What to expect:** Comfort improves daily as initial swelling subsides.

Long-Term Healing (Weeks 6+)

- **Goal:** Gradual return to exercise.
- **Action:** Resume light cardio and lower body training first. Upper body training and underwire bras return later with clearance.
- **What to expect:** Swelling fully settles over months. Scar maturation begins and takes time.



BREAST AUGMENTATION & BREAST HARMONIZATION WITH MIA FEMTECH



Pre-Op and Procedure

- **Goal:** Size/Shape enhancement
- **Procedure:** Implants/Fat graft.
- **Support:** Breast Stabilizer band or tape used immediately.
- **Dressing:** Keep on for 24-48 hrs.
- **What to expect:** Breasts look swollen/"out of proportion".



Immediate Recovery (Days 1-7)

- **Goal:** Implant settling
- **Sleep:** Head propped up on pillows.
- **Movement:** Early walking; Gentle arm lifts (5-10x/day).
- **Hygiene:** Shower after 48 hrs.
- **Lifting:** Nothing >5 kg.
- **What to expect:** Skin stretching sensation.



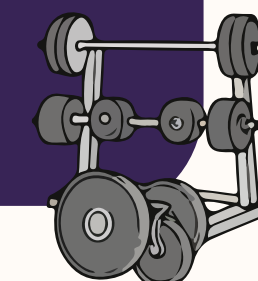
Stabilization (Weeks 2-4)

- **Goal:** Mobility & Positioning
- **Driving:** Short distance driving after 1 week; normal after 2 weeks.
- **Restrictions:** Avoid bending down.
- **Support:** Continue wearing and supporting using prescribed garment.
- **What to expect:** Swelling on the breast subsides.



Long-Term Healing (Weeks 6-12)

- **Goal:** Final settling
- **Gym:** No weights/gym workouts for 3 months.
- **Settling:** Implants settle into natural position (2-6 weeks).
- **What to expect:** Natural shape achieved.



BREAST REDUCTION & MALE BREST REDUCTION



- **Goal:** Tissue Removal
- **Procedure:** Tissue removal.
- **Support:** Keep initial bra on for 24 hrs.
- **Hydration:** Drink plenty of fluids.
- **What to expect:** Breasts appear swollen/out of proportion.

- **Goal:** Fluid Management
- **Drains:** "Activate" and measure fluid; drains removed Day 7.
- **Sleep:** Sleep with shoulders elevated/propped up.
- **What to expect:** Fluid drainage.

- **Goal:** Scar Management
- **Support:** Wear supportive bra continuously.
- **Scar Care:** Start scar massage after 3 weeks.
- **What to expect:** Proportions normalize (2-6 weeks).

- **Goal:** Final contour
- **Support:** Continue supportive wear for 6 weeks total.
- **Review:** Final check-ups.
- **What to expect:** Scars fade; shape finalizes.

BURNS & TRAUMA RECONSTRUCTION

Pre-Op & Procedure

- **Goal:** Restore function, reduce deformity, and improve appearance.
- **Procedure:** Skin grafts, flap surgery, or scar revision.



Immediate Recovery (Days 1-7)



- **Goal:** Protect the Graft or Flap.
- **Action:** Keep the operated area elevated above the heart. If on a limb, use a splint to immobilize it (movement makes new skin slide off). Keep the donor site dry and intact.
- **What to expect:** The donor site will feel like severe road rash and become itchy. Do not scratch.

Stabilization (Weeks 2-4)

- **Goal:** Restore mobility.
- **Action:** Begin guided physical therapy. Stretch daily to maintain range of motion.
- **What to expect:** New skin feels tight and wants to shrink; stretching prevents contractures.

Long Time Healing (Weeks 6+)



- **Goal:** Much advanced scar management protocol
- **Action:** Wear tight compression garments (up to a year) to flatten the scar. Apply silicone therapy. Mandatory SPF 50 on new skin to prevent any permanent darkening.
- **What to expect:** Scars slowly transition from thick/red to flat/pale.

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